

Cheat Sheet

My HOUSE District No.:
Representative:
Phone Number:
Email:

My SENATE District No.:
Senator:
Phone Number:
Email:

Letters to the Star Advertiser:
E-mail: letters@staradvertiser.com
Fax: (808) 529-4750

Letters to the Honolulu Weekly:
E-mail: editorial@honoluluweekly.com
Fax: (808) 528-3144

Public Access Room (Room 401):
Email: par@capitol.hawaii.gov
Phone: (808) 587-0478

Handy Websites:

State Capitol Website
www.capitol.hawaii.gov

Submit Testimony online
[www.capitol.hawaii.gov/
emailtestimony/](http://www.capitol.hawaii.gov/emailtestimony/)

Sierra Club
Capitol Watch Website
[www.sierraclubhawaii.com
/capitol-watch](http://www.sierraclubhawaii.com/capitol-watch)

Grow Pono, Eat Ono
(coming January 1, 2011)
www.eatono.org

Public Access Room
hawaii.gov/lrb/par/

StarAdvertiser Political
Blog
[blogs.starbulletin.com/
inpolitics/category/in-
politics/](http://blogs.starbulletin.com/inpolitics/category/in-politics/)

Campaign Spending
Commission
hawaii.gov/campaign

Policy Ninja
www.policyninja.org

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Campaign Spending
Commission
hawaii.gov/campaign

Policy Ninja
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Legislative Session!
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Do's and Don'ts of Meeting Your Legislator



DO:

- Make an appointment
- Dress neatly
- Introduce yourself
- Stick to the subject at hand
- If you don't know something, say so
- Be honest
- Know something about the official
- Be very cordial to the assistant
- Be on time - but be prepared to wait
- Know the number/name of the bill and something about it
- Call or write in a summary of the meeting afterwards
- Thank the public official for the meeting
- Enjoy your visit - you are one of the few people making change!



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DON'T:

- Be angry
- Be hostile (I'm a taxpayer!)
- Threaten (You'll pay for this at the polls!)
- Be afraid to be assertive
- Have a lot of material (it will never be read)
- Lose credibility (it will affect everyone who lobbies on the same subject after you)



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Common Pitfalls - Don't Let Them Throw You!

- The public official is late or doesn't show up for your appointment
- Constant interruptions during your meeting
- Public official doesn't have a copy of the bill/proposal or hasn't read it
- Public official takes control of the meeting
- Public official says things like: "It's a lost cause" or "I'm not on that committee."

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